

Date Time Online Excerpt

Warning Signs and Signals

Do you think you might be an online dating addict? An addict is an addict is an addict, say many psychologists, and, often, one addiction gives way to another, and another, and so on.

Dr. Young has compiled a list of behaviors that could indicate an Internet addiction. (For our purposes here, substitute online dating for Internet.) Can you relate to any of these?

- Think about the Internet constantly, whether on or offline.
- Driven to use the Internet more and more to be satisfied, and then, you never really are.
- Have trouble controlling your use of the Internet.
- Get depressed, angry, cranky, miserable, or anxious when not able to access, or if thinking about cutting back, the Internet.
- Use the Internet to escape yucky feelings.
- Lie to those close to you about your use of the Internet.
- Risk significant relationships and/or job over use of the Internet.
- Keep doing it even after spending megabucks (on dating site memberships and associated services).
- Always stay on longer than you want to.

According to Dr. Young, if you answered yes to as few as 3 of these, then you might have an Internet (online dating) addiction.